

Rutting Season

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Recognizing there are many avid outdoor men and women that like to hunt, I'm going to say it now. This article is not about animals, the furry kind anyway. This is about the ruts we get into in life. I'm told there used to be a sign in the Alaskan wilderness that reads, "Pick your rut, you're going to be in it for the next 400 miles."

I think all of us at one time or another find ourselves getting into a rut. Some of them can be good ruts. However, it can take lots of work to get out of a bad one. We continue doing the same thing day after day and call it living. Every so often a familiar question pops into our minds, "Is that all there is?" We may think that buying a bigger TV will help get us out of our rut. Instead, have you thought about giving instead of receiving?

What I'm referring to is giving up some of your time. It can be giving up some of your time to help your spouse with the dishes or the laundry. It can be giving up some of your time to help your kids with their homework. Here's a novel idea, it can be giving up some of your time to help your community via a non-profit. Your local VFW post is a non-profit that can always use your help.

We've been fortunate that VFW Post 475 in Newark, Delaware has been the recipient of multiple Community Service awards. The award comes when volunteer hours are tallied up at the end of each month and then submitted to the State. VFW Post 475 helps the local community in many different ways. We open our doors to other profit and non-profit groups so they can have a place to meet. We also have person-to-person involvement.

Are there skills you would like to learn, or improve? Would you like to get out from behind a desk where you input or manipulate data and talk to another real live person? I've found that volunteering is one place where both of those things can be done. A good way for people to overcome depression is by helping or serving others. When we get out of our rut, we find out there are lots of people who are worse off than we are, or that they can use the skills God has given us.

The Bible speaks about ruts, both good and bad ones. "Trust in the Lord with all your heart (spiritual rut #1); do not depend on your own understanding (rut #2). "Seek his will in all you do, and he will show you which path to take." (Proverbs 3:5-6 NLT)

If you find yourself in a rut and you can't seem to get out, go to the Lord in prayer and ask Him for guidance. "Unless the Lord builds the house, they labor in vain who build it; Unless the Lord guards the city, the watchman stays awake in vain." (Psalm 127:1 NLT)

Hopefully, I'll be seeing you at the next post meeting!